

SUMMER TURKEY TROT – 5H JULY 2017

Position	Time	Name	Team	Category	Pace	No
1	0:21:11	BREWER, Tony	Mile High	Male Vet 35-39	05:17.7	479
2	0:21:31	BENNEY, Aaron	Mile High	Male Vet 35-39	05:22.7	5
3	0:21:44	SNOOK, Colin	Cornwall AC	Male Vet 40-44	05:25.9	381
4	0:21:50	MORANT, Jordan	Hayle Runners	Male under 35	05:27.4	425
5	0:22:07	BARTLETT, David	Newquay Road Runners	Male under 35	05:31.7	56
6	0:22:13	SMITH, Paul	Cornwall AC	Male Vet 40-44	05:33.2	379
7	0:22:20	WHEAR, Paul	Cornwall AC	Male Vet 45-49	05:34.9	385
8	0:22:25	RATCLIFFE, Floyd	Hayle Runners	Male under 20	05:36.2	418
9	0:22:29	MARTIN, Andrew	Mile High	Male Vet 35-39	05:37.2	505
10	0:22:34	WRIGHT, Tony	Newquay Road Runners	Male Vet 50-54	05:38.4	204
11	0:22:38	YATES, Matt	Cornwall AC	Male under 35	05:39.4	376
12	0:22:40	SLATTERY, Tom	Cornwall AC	Male under 20	05:39.9	371
13	0:22:45	SALAMONE, Craig	Cornwall AC	Male under 35	05:41.2	380
14	0:22:50	THOMAS, Justin	Cornwall AC	Male Vet 40-44	05:42.4	472
15	0:22:52	BARNET, James	Falmouth Road Runners	Male under 35	05:42.9	136
16	0:22:54	MCWILLIAMS, John	Mounts Bay Harriers	Male under 35	05:43.4	247
17	0:22:55	ANGELL, Dave	Mile High	Male under 35	05:43.7	478
18	0:23:01	GOODCHILD, Sam	Cornwall AC	Male under 20	05:45.2	375
19	0:23:02	WEBSTER, Mark	Cornwall AC	Male under 35	05:45.4	390
20	0:23:03	LUTON, Tom	Newquay Road Runners	Male under 20	05:45.7	451
21	0:23:09	SIMS, Steven	East Cornwall Harriers	Male under 35	05:47.2	268
22	0:23:13	ARGALL, Joe	Cornwall AC	Male under 35	05:48.2	395
23	0:23:16	STEPHENSON, Jamie	Mile High	Male under 35	05:48.9	514
24	0:23:23	WILLIAMS, Simon S	St Austell Running Club	Male Vet 40-44	05:50.7	126
25	0:23:32	SOLE, Paul	Cornwall AC	Male Vet 35-39	05:52.9	367
26	0:23:33	SCOTT, Jason	Running for Time	Male under 35	05:53.2	506
27	0:23:37	KNOWLES, Simon	Hayle Runners	Male Vet 40-44	05:54.1	443
28	0:23:42	MARPLES, Alex	Truro Running Club	Male Vet 35-39	05:55.4	59
29	0:23:46	GUPTA, Abhik	Cornwall AC	Male under 20	05:56.4	393
30	0:23:49	DAY, Justin	Cornwall AC	Male Vet 45-49	05:57.1	368
31	0:23:50	STEPTO, Emma	Cornwall AC	Female Vet 45-49	05:57.4	346
32	0:23:58	ROSENFELD, Thomas	Hayle Runners	Male Vet 35-39	05:59.4	445
33	0:24:01	ABRAHAM, Scott	Hayle Runners	Male Vet 45-49	06:00.1	441
34	0:24:04	DEACON, Mark	Looe Pioneers	Male under 35	06:00.9	13
35	0:24:11	COOKSON, Neill	Hayle Runners	Male Vet 50-54	06:02.6	434
36	0:24:11	STRACHAN, Steven	Plymouth Musketeers	Male Vet 40-44	06:02.6	520
37	0:24:15	WILLIAMS, Dan	Cornwall AC	Male Vet 40-44	06:03.6	389
38	0:24:17	CUTLAN, James	St Austell Running Club	Male under 35	06:04.1	104
39	0:24:18	SARA, Wayne	Truro Running Club	Male Vet 35-39	06:04.4	286
40	0:24:22	MURRANT, Kieran	Falmouth Road Runners	Male under 35	06:05.4	152
41	0:24:24	DOWRICK, Mike	Cornwall AC	Male Vet 45-49	06:05.9	394
42	0:24:28	BERRYMAN, Tom	Mounts Bay Harriers	Male under 35	06:06.9	6
43	0:24:30	TREGENZA, Heidi	Cornwall AC	Female under 35	06:07.4	355
44	0:24:31	ADAMS, Tim	St Austell Running Club	Male Vet 45-49	06:07.6	98
45	0:24:45	DAVIS, Glynn	Carn Runners	Male Vet 50-54	06:11.1	229
46	0:24:45	SOLE, Amy	Cornwall AC	Female under 35	06:11.1	345
47	0:24:47	HOOPER, Gregg	Newquay Road Runners	Male Vet 35-39	06:11.6	189
48	0:24:53	STANDING, Rob	Truro Running Club	Male Vet 40-44	06:13.1	287
49	0:24:54	SOWERBY, Peter	Truro Running Club	Male Vet 50-54	06:13.4	467
50	0:24:57	DITTY, Graham	Mile High	Male under 35	06:14.1	480
51	0:25:01	CHAPMAN, Wendy	Truro Running Club	Female Vet 40-44	06:15.1	517
52	0:25:04	JEPSON, Aidan	Truro Running Club	Male Vet 35-39	06:15.9	283
53	0:25:07	BRAILSFORD, Evie	East Cornwall Harriers	Female under 35	06:16.6	277
54	0:25:09	RICHARDS, Gary	Mounts Bay Harriers	Male Vet 45-49	06:17.1	483
55	0:25:17	WARMINGTON, Paul	Hayle Runners	Male Vet 35-39	06:19.1	438
56	0:25:19	COULSON, Lee	Falmouth Road Runners	Male Vet 50-54	06:19.6	161
57	0:25:20	WILLIAMS, James	Cornwall AC	Male under 20	06:19.9	519
58	0:25:22	KNUCKEY, Craig	Cornwall AC	Male Vet 45-49	06:20.4	382
59	0:25:24	MOYLE, Ryan	Mile High	Male Vet 40-44	06:20.9	30
60	0:25:26	GRATTON, Mike	Invicta East Kent	Male Vet 60-64	06:21.4	400
61	0:25:30	RAMSDEN, Clive	Bodmin Road Runners	Male Vet 40-44	06:22.4	130
62	0:25:37	RENDLE, Steve	Newquay Road Runners	Male Vet 45-49	06:24.1	301
63	0:25:40	COLES, Josh	Corby AC	Male under 35	06:24.9	491
64	0:25:45	TEMPLE, Sian	Newquay Par AC	Female under 20	06:26.1	512
65	0:25:52	HANDS, Stephen	St Austell Running Club	Male Vet 45-49	06:27.9	515
66	0:25:55	CHYNOWETH, Richard	Truro Running Club	Male Vet 35-39	06:28.6	280
67	0:26:01	STAFF, Dale	Looe Pioneers	Male Vet 40-44	06:30.1	417
68	0:26:19	HALL, Craig	Carn Runners	Male Vet 40-44	06:34.6	207

69	0:26:22	TRERISE, Connor	Cornwall AC	Male under 20	06:35.4	369
70	0:26:28	BAKER, Steve	Tamar Trotters	Male Vet 55-59	06:36.9	167
71	0:26:31	SOLE, John	Cornwall AC	Male Vet 35-39	06:37.6	370
72	0:26:33	WIDDERSHOVEN, Tim	Carn Runners	Male Vet 35-39	06:38.1	209
73	0:26:38	DAVIS, Martin	Newquay Road Runners	Male Vet 55-59	06:39.4	202
74	0:26:39	LETCHFORD, Geoff	Mounts Bay Harriers	Male Vet 65-69	06:39.6	93
75	0:26:43	SHORT, Chris		Male under 35	06:40.6	482
76	0:26:44	ORCHARD, Ruby	Truro Running Club	Female Vet 35-39	06:40.9	64
77	0:26:45	HAUSSNER, Till		Male under 20	06:41.1	528
78	0:26:45	GRAF, Jonas		Male under 20	06:41.1	516
79	0:26:48	PICKERING, Stuart	Hayle Runners	Male Vet 50-54	06:41.9	70
80	0:26:53	MANNING, James	Hayle Runners	Male Vet 35-39	06:43.1	423
81	0:26:56	JAMES, Ian	Mounts Bay Harriers	Male Vet 50-54	06:43.9	487
82	0:27:01	WALKER, Iain	St Austell Running Club	Male Vet 60-64	06:45.1	257
83	0:27:07	RONNGARD, Mattias	Newquay Road Runners	Male Vet 45-49	06:46.6	188
84	0:27:15	MOORE, David	Cornwall AC	Male Vet 45-49	06:48.6	374
85	0:27:18	BRAY, Mark Jason		Male Vet 45-49	06:49.4	489
86	0:27:19	BUSCOMBE, Charles		Male under 35	06:49.6	494
87	0:27:21	WILSON, Michael	Truro Running Club	Male Vet 55-59	06:50.1	292
88	0:27:23	MARSTON, Jeremy	Mounts Bay Harriers	Male Vet 45-49	06:50.6	27
89	0:27:29	GRASSAM, Mark	Looe Pioneers	Male Vet 45-49	06:52.1	182
90	0:27:35	POOLEY, Robert	Carn Runners	Male Vet 35-39	06:53.6	218
91	0:27:36	JOHNSON, Paul	St Austell Running Club	Male under 35	06:53.9	261
92	0:27:37	SOPP, Thomas	Falmouth Road Runners	Male Vet 40-44	06:54.1	160
93	0:27:38	TWIGGS, Tim	Hayle Runners	Male Vet 50-54	06:54.4	446
94	0:27:41	CLARK, Samuel		Male Vet 50-54	06:55.1	486
95	0:27:41	TIER, Naomi	Cornwall AC	Female under 35	06:55.1	358
96	0:27:46	WEBBER, Simon	East Cornwall Harriers	Male Vet 60-64	06:56.4	50
97	0:27:52	FINDLAY, James	Carn Runners	Male under 35	06:57.9	217
98	0:27:56	BURFORD, Lee	Hayle Runners	Male Vet 35-39	06:58.9	431
99	0:27:57	HARRISON, Karen	Cornwall AC	Female Vet 45-49	06:59.1	362
100	0:27:59	ROBINSON, Joanne	Looe Pioneers	Female Vet 40-44	06:59.6	37
101	0:28:00	MASTERS, Nick	Hayle Runners	Male Vet 50-54	06:59.9	435
102	0:28:04	YOUNG, Curtis	Hayle Runners	Male Vet 40-44	07:00.9	409
103	0:28:07	WALLER, Anne	Mounts Bay Harriers	Female Vet 45-49	07:01.6	58
104	0:28:09	MUTSAERS, Adrian	Cornwall AC	Male Vet 45-49	07:02.1	377
105	0:28:10	TALLING, Glyn	Newquay Road Runners	Male Vet 45-49	07:02.4	304
106	0:28:11	PROSSER, Thomas	Mounts Bay Harriers	Male under 20	07:02.6	503
107	0:28:14	MILLWARD, Andy	Carn Runners	Male Vet 55-59	07:03.4	212
108	0:28:15	WATERS, Ella	Launceston Road Runners	Female under 20	07:03.6	336
109	0:28:17	GREER, Mike	St Austell Running Club	Male under 35	07:04.1	473
110	0:28:18	EASTERBROOK, Joe	Mounts Bay Harriers	Male under 35	07:04.4	398
111	0:28:19	GILES, Alan	St Austell Running Club	Male under 35	07:04.6	335
112	0:28:20	CURTIS, Oisín	Hayle Runners	Male under 35	07:04.9	437
113	0:28:21	MARSH, Danny	Cornwall AC	Male Vet 45-49	07:05.1	366
114	0:28:23	BAYLY, Jason	Newquay Road Runners	Male Vet 45-49	07:05.6	194
115	0:28:23	ALLEN, Peter	Newquay Road Runners	Male Vet 60-64	07:05.6	1
116	0:28:27	BRAY, Daniel	St Austell Running Club	Male under 35	07:06.6	100
117	0:28:29	WILLIAMS, Gary	Looe Pioneers	Male under 35	07:07.1	73
118	0:28:32	BANBURY, Neil	Newquay Road Runners	Male Vet 35-39	07:07.9	453
119	0:28:34	ANGOVE, Paul	Mounts Bay Harriers	Male Vet 50-54	07:08.4	74
120	0:28:40	FRANTZ, Derrick	Cornwall AC	Male Vet 50-54	07:09.9	372
121	0:28:42	EVANS, Julian	Falmouth Road Runners	Male Vet 45-49	07:10.4	14
122	0:28:43	DEVEY, Chris		Male under 35	07:10.6	184
123	0:28:46	WILDING, David	Hayle Runners	Male Vet 40-44	07:11.4	411
124	0:28:47	MOORE, Thomas	Truro Running Club	Male Vet 35-39	07:11.6	173
125	0:28:48	TREVENA, Nigel	Cornwall AC	Male Vet 45-49	07:11.9	363
126	0:28:49	DAW, Sharon	East Cornwall Harriers	Female Vet 50-54	07:12.1	316
127	0:28:50	TOY, Scott	Falmouth Road Runners	Male Vet 35-39	07:12.4	138
128	0:28:51	WILSON, Matthew	Cornwall AC	Male Vet 40-44	07:12.6	392
129	0:28:55	BRAY, Vivian	Cornwall AC	Male Vet 50-54	07:13.6	463
130	0:28:57	MOSSOP, Emma	Falmouth Road Runners	Female Vet 40-44	07:14.1	151
131	0:29:03	WITHAM, Neville	Cornwall AC	Male Vet 60-64	07:15.6	387
132	0:29:09	MEDLOCK, Kirsty	Hayle Runners	Female Vet 35-39	07:17.1	28
133	0:29:11	TREVAIL, Mathew	Newquay Road Runners	Male Vet 35-39	07:17.6	457
134	0:29:13	POLGLASE, Tom	Carn Runners	Male Vet 65-69	07:18.1	224
135	0:29:15	TALLING, Sophie	Newquay Road Runners	Female under 20	07:18.6	302
136	0:29:19	MAXWELL, Cherish	Mounts Bay Harriers	Female under 35	07:19.6	63
137	0:29:23	WILLIAMS, Kelly	Mounts Bay Harriers	Female under 35	07:20.6	51
138	0:29:25	MARRIOTT, Chris	St Austell Running Club	Male Vet 35-39	07:21.1	262
139	0:29:29	DRAYSON (MAGUIRE), Natalie	Cornwall AC	Female Vet 40-44	07:22.1	352
140	0:29:31	EVA, Emma	Cornwall AC	Female under 35	07:22.6	356

141	0:29:40	TILDESLEY, Daniel	Mounts Bay Harriers	Male under 35	07:24.9	44
142	0:29:43	GIRVAN, Stewart		Male under 35	07:25.6	493
143	0:29:47	BATCHELOR, David	Hayle Runners	Male Vet 55-59	07:26.6	410
144	0:29:49	HILL, Nancy	Cornwall AC	Female Vet 45-49	07:27.1	353
145	0:29:55	GLOVER, Ruth	Mounts Bay Harriers	Female under 35	07:28.6	16
146	0:29:59	GIBSON, Amanda	Looe Pioneers	Female Vet 40-44	07:29.6	256
147	0:29:59	MITCHELL, Jon	Cornwall AC	Male Vet 45-49	07:29.6	383
148	0:30:01	ELLIS, Andrew	Hayle Runners	Male Vet 45-49	07:30.1	83
149	0:30:03	GAY, Jennifer	Truro Running Club	Female under 35	07:30.6	282
150	0:30:03	PEARCE, Ryan		Male under 35	07:30.6	507
151	0:30:04	BRADBURY, Rosie	Falmouth Road Runners	Female under 35	07:30.9	272
152	0:30:08	SMITH, Derek	Hayle Runners	Male Vet 55-59	07:31.9	414
153	0:30:10	SIMS, Andrew	East Cornwall Harriers	Male Vet 50-54	07:32.4	267
154	0:30:11	BURNS, Julia	Hayle Runners	Female Vet 50-54	07:32.6	426
155	0:30:17	THOMAS, Rachael	Cornwall AC	Female Vet 40-44	07:34.1	354
156	0:30:23	LAMING, Andrew	Newquay Road Runners	Male Vet 45-49	07:35.6	200
157	0:30:27	CLITHEROW, Hana	Truro Running Club	Female Vet 55-59	07:36.6	10
158	0:30:28	TALLING, Lisa	Newquay Road Runners	Female Vet 45-49	07:36.9	303
159	0:30:30	SOLOMON, Pam	Bodmin Road Runners	Female Vet 55-59	07:37.4	78
160	0:30:35	CHESTERFIELD, Caroline	Hayle Runners	Female Vet 50-54	07:38.6	407
161	0:30:37	SPENCER, Leigh	Newquay Road Runners	Female under 20	07:39.1	299
162	0:30:39	STEPHENS, Emma	Bodmin Road Runners	Female under 35	07:39.6	66
163	0:30:40	ULLATHORNE, Michael		Male Vet 50-54	07:39.9	85
164	0:30:47	DALE, Steve	Newquay Road Runners	Male Vet 40-44	07:41.6	191
165	0:30:57	EVANS, Oliver	Falmouth Road Runners	Male under 20	07:44.1	143
166	0:30:57	TAYLOR, Peter	Bromsgrove & Redditch	Male Vet 45-49	07:44.1	244
167	0:30:59	NUGENT, Debbie	Cornwall AC	Female Vet 50-54	07:44.6	357
168	0:31:02	LAWRY, Ross	St Austell Running Club	Male Vet 40-44	07:45.4	260
169	0:31:06	GOLDRING, Ellen		Female Vet 35-39	07:46.4	526
170	0:31:07	WILCOX, David	Truro Running Club	Male Vet 40-44	07:46.6	459
171	0:31:08	STACKHOUSE, Helena	Cornwall AC	Female under 35	07:46.9	351
172	0:31:08	MORGAN, Martin	Bodmin Road Runners	Male Vet 60-64	07:46.9	29
173	0:31:09	ROONEY, Michael	Mounts Bay Harriers	Male under 35	07:47.1	88
174	0:31:15	LILLIS, John	Newquay Road Runners	Male Vet 70-74	07:48.6	190
175	0:31:20	MATTHEWS, Ian	Mounts Bay Harriers	Male Vet 50-54	07:49.9	329
176	0:31:27	LOCKETT, Pat	Newquay Road Runners	Male Vet 70-74	07:51.6	203
177	0:31:30	HULME, Paul		Male Vet 35-39	07:52.4	22
178	0:31:33	RAMSEY, Chris	Truro Running Club	Male Vet 65-69	07:53.1	285
179	0:31:34	CARTHEW, Elizabeth	Bodmin Womens RC	Female Vet 40-44	07:53.4	513
180	0:31:34	RINGWOOD, Michael	Mounts Bay Harriers	Male Vet 50-54	07:53.4	501
181	0:31:35	TREBILCOCK, Liz	Truro Running Club	Female Vet 50-54	07:53.6	289
182	0:31:36	BARBER, Craig		Male Vet 40-44	07:53.9	339
183	0:31:42	ELSTONE, Meryl	Carn Runners	Female Vet 50-54	07:55.4	211
184	0:31:44	WRIGHT, David	Hayle Runners	Male Vet 50-54	07:55.9	412
185	0:31:47	GOSSAN, John	Looe Pioneers	Male Vet 65-69	07:56.6	76
186	0:31:51	GUMMOW, Katie	Looe Pioneers	Female Vet 35-39	07:57.6	496
187	0:31:52	SARGENT, Pete	Newquay Road Runners	Male Vet 70-74	07:57.9	193
188	0:31:58	LANGSTAFF, Emma	Looe Pioneers	Female Vet 40-44	07:59.4	433
189	0:32:00	PASCOE, Anna	Mud Crew Trail Runners	Female Vet 35-39	07:59.9	60
190	0:32:01	WALE, Mathew	Newquay Road Runners	Male under 35	08:00.1	298
191	0:32:02	KNUCKEY, Nigel	Truro Running Club	Male Vet 60-64	08:00.4	294
192	0:32:07	WEBB, Kirsty	Looe Pioneers	Female under 35	08:01.6	500
193	0:32:07	HAWKE, Tim	Falmouth Road Runners	Male under 35	08:01.6	146
194	0:32:07	JENKIN, Steve	Cornwall AC	Male Vet 45-49	08:01.6	386
195	0:32:07	GOULD, Marie	Cornwall AC	Female Vet 45-49	08:01.6	348
196	0:32:09	THOMAS, Alison	Hayle Runners	Female Vet 40-44	08:02.1	403
197	0:32:13	CLARK, Julie	Mounts Bay Harriers	Female Vet 50-54	08:03.1	485
198	0:32:14	BUNCE, Richard	Mounts Bay Harriers	Male Vet 55-59	08:03.4	508
199	0:32:15	COX, Clive		Male Vet 55-59	08:03.6	81
200	0:32:18	GERRARD, Corinne	Hayle Runners	Female Vet 45-49	08:04.4	408
201	0:32:19	FURLONGER, Neill	Newquay Road Runners	Male under 35	08:04.6	456
202	0:32:24	GIBSON, Philip	Looe Pioneers	Male Vet 40-44	08:05.9	255
203	0:32:28	LEWIS, Bridget	Mounts Bay Harriers	Female Vet 45-49	08:06.9	23
204	0:32:29	MARTIN, Colin	Newquay Road Runners	Male Vet 60-64	08:07.1	297
205	0:32:30	YOUNG, Roy	Falmouth Road Runners	Male Vet 50-54	08:07.4	166
206	0:32:34	CHASE, Andy	St Austell Running Club	Male under 35	08:08.4	8
207	0:32:36	TOWNEND, Stewart	Hayle Runners	Male Vet 70-74	08:08.9	45
208	0:32:37	BULLOCK, Katie	Newquay Road Runners	Female under 35	08:09.1	312
209	0:32:38	COCKERILL, Rob		Male under 35	08:09.4	11
210	0:32:39	MCKENZIE, Graeme	Troon Tortoises	Male Vet 40-44	08:09.6	464
211	0:32:40	STOBART, Rebeca		Female under 35	08:09.9	133
212	0:32:40	HUNT, Jenna	Falmouth Road Runners	Female under 35	08:09.9	147

213	0:32:42	RULE, Helen	Hayle Runners	Female Vet 35-39	08:10.4	422
214	0:32:42	GEARING, Nicola		Female under 35	08:10.4	337
215	0:32:43	BENNETT, Emily	Hayle Runners	Female under 20	08:10.6	416
216	0:32:43	HAYNES, Patrick	St Austell Running Club	Male Vet 50-54	08:10.6	108
217	0:32:45	MILES, Becky	Newquay Road Runners	Female Vet 35-39	08:11.1	305
218	0:32:46	LYNCH, Kelsey	Mounts Bay Harriers	Female under 35	08:11.4	174
219	0:32:47	DREW, Peter	Carn Runners	Male Vet 65-69	08:11.6	220
220	0:32:49	MCKENZIE, Tracy	Newquay Road Runners	Female Vet 35-39	08:12.1	195
221	0:32:52	SOLOMON, Andrew	Bodmin Road Runners	Male Vet 55-59	08:12.9	79
222	0:32:55	BRANDHAM, Lois	Newquay Road Runners	Female under 35	08:13.6	452
223	0:32:57	RICHARDS, Philip		Male Vet 40-44	08:14.1	340
224	0:32:57	LYNCH, David	Mounts Bay Harriers	Male under 35	08:14.1	171
225	0:32:58	CROWLE, Jonathan	Truro Running Club	Male Vet 45-49	08:14.4	281
226	0:33:01	CATNACH, Alison	Looe Pioneers	Female Vet 40-44	08:15.1	273
227	0:33:01	PIERCE, Ruth	Hayle Runners	Female Vet 50-54	08:15.1	439
228	0:33:02	LODER, Steven	Mounts Bay Harriers	Male Vet 35-39	08:15.4	253
229	0:33:03	STEWART, Juliet	Truro Running Club	Female Vet 50-54	08:15.6	288
230	0:33:11	MACKENZIE, Alan	Falmouth Road Runners	Male Vet 50-54	08:17.6	185
231	0:33:24	RICHARDS, Emma	Mounts Bay Harriers	Female Vet 35-39	08:20.9	484
232	0:33:26	BURROWS, Robert	Mounts Bay Harriers	Male Vet 60-64	08:21.4	461
233	0:33:30	MANSFIELD, Sue	Truro Running Club	Female Vet 50-54	08:22.4	284
234	0:33:32	BRITTEN, Rob	Kettering Town Harriers	Male Vet 50-54	08:22.9	490
235	0:33:41	TRETHEWEY, Martin	St Austell Running Club	Male Vet 45-49	08:25.1	116
236	0:33:43	BOURNE, Richard		Male Vet 35-39	08:25.6	530
237	0:33:46	GOLDRING, Jack		Male under 20	08:26.4	527
238	0:33:47	HAMILTON, Brian	Carn Runners	Male Vet 40-44	08:26.6	465
239	0:33:49	GREGORY, Amy	Newquay Road Runners	Female under 35	08:27.1	300
240	0:33:50	TREGENZA, Elizabeth		Female Vet 55-59	08:27.4	502
241	0:33:50	STOBART, Matthew		Male Vet 55-59	08:27.4	134
242	0:33:52	KITCHEN, Nathan	Cornwall AC	Male Vet 40-44	08:27.9	391
243	0:33:54	SHEFFORD, Andrew	Truro Running Club	Male under 35	08:28.4	223
244	0:33:58	LEAN, David	East Cornwall Harriers	Male Vet 55-59	08:29.4	91
245	0:34:00	THOMAS, Steven	Carn Runners	Male Vet 40-44	08:29.9	238
246	0:34:01	STEPTO, Brett	Cornwall AC	Male Vet 40-44	08:30.1	384
247	0:34:04	FOSTER, Diane	Looe Pioneers	Female Vet 45-49	08:30.9	449
248	0:34:07	HOWARD, Tiffany	Bodmin Womens RC	Female under 35	08:31.6	402
249	0:34:12	COPE, Jackie	Falmouth Road Runners	Female Vet 60-64	08:32.9	140
250	0:34:13	RINGER, Ian	Bodmin Road Runners	Male Vet 70-74	08:33.1	71
251	0:34:15	KNUCKEY, Tom	Truro Running Club	Male under 20	08:33.6	518
252	0:34:17	WARD, Malcolm	Falmouth Road Runners	Male Vet 55-59	08:34.1	163
253	0:34:25	WEBB, Helen	Mounts Bay Harriers	Female Vet 40-44	08:36.1	90
254	0:34:26	WILLCOCKS, Bob	Falmouth Road Runners	Male Vet 55-59	08:36.4	164
255	0:34:27	RICHARDS, Helen	Carn Runners	Female Vet 40-44	08:36.6	225
256	0:34:27	BENNETTS, Shaun	Hayle Runners	Male Vet 50-54	08:36.6	442
257	0:34:28	GOLDBERG, Jessica	Launceston Road Runners	Female under 35	08:36.9	243
258	0:34:29	OSBORN, Andrew		Male Vet 35-39	08:37.1	474
259	0:34:30	GRASSO, Marcus		Male under 35	08:37.4	475
260	0:34:30	DAVEY, Tamzin	Cornwall AC	Female Vet 45-49	08:37.4	360
261	0:34:31	OLIVER, Martin	Mounts Bay Harriers	Male Vet 60-64	08:37.6	32
262	0:34:39	WARREN, Diane	Hayle Runners	Female Vet 60-64	08:39.6	415
263	0:34:40	NEEDHAM, Sara	Newquay Road Runners	Female Vet 35-39	08:39.9	310
264	0:34:42	LYDALL, Denise	Falmouth Road Runners	Female Vet 45-49	08:40.4	509
265	0:34:45	WHETTON, Grace	Mounts Bay Harriers	Female under 35	08:41.1	89
266	0:34:51	BUDGE, Claire	St Austell Running Club	Female Vet 40-44	08:42.6	115
267	0:34:55	WOODFINE-BEARD, Kelly	Newquay Road Runners	Female Vet 35-39	08:43.6	198
268	0:35:01	HIBBERT, Clive	Mounts Bay Harriers	Male Vet 70-74	08:45.1	21
269	0:35:02	MILLWARD, Laura	Carn Runners	Female Vet 55-59	08:45.4	213
270	0:35:02	UREN, Lisa	Carn Runners	Female Vet 40-44	08:45.4	232
271	0:35:03	HARRINGTON, Mark	Carn Runners	Male Vet 50-54	08:45.6	206
272	0:35:06	SENIOR, Ann	Hayle Runners	Female Vet 60-64	08:46.4	406
273	0:35:08	FORBES, Jennifer	Carn Runners	Female under 35	08:46.9	240
274	0:35:08	HAYDNEY, Damian		Male Vet 45-49	08:46.9	460
275	0:35:10	CATTERALL, Diane	Carn Runners	Female under 35	08:47.4	214
276	0:35:16	THOMAS, Fiona	St Austell Running Club	Female under 35	08:48.9	259
277	0:35:20	BARRIBALL, Julie	Launceston Road Runners	Female Vet 50-54	08:49.9	248
278	0:35:27	SMITH, Hannah	Hayle Runners	Female under 35	08:51.6	421
279	0:35:29	DAVISON, Mick	Newquay Road Runners	Male Vet 45-49	08:52.1	455
280	0:35:33	EVANS, Alun	Hayle Runners	Male Vet 45-49	08:53.1	15
281	0:35:35	COLLINSON, Michelle	Mounts Bay Harriers	Female Vet 40-44	08:53.6	84
282	0:35:36	ELLIS, Lisa	Clayton Le Moors	Female under 35	08:53.9	405
283	0:35:42	NICHOLLS, Tracey	Mounts Bay Harriers	Female Vet 50-54	08:55.4	86
284	0:35:43	CAFF, Tristan		Male under 20	08:55.6	306

285	0:35:44	FLOYD-NORRIS, Sue	St Austell Running Club	Female Vet 45-49	08:55.9	107
286	0:35:45	TALLING, Scott	Newquay Road Runners	Male Vet 50-54	08:56.1	504
287	0:35:53	LEGGO (KING), Sarah	Mounts Bay Harriers	Female Vet 40-44	08:58.1	57
288	0:35:54	SIMS, Karen	East Cornwall Harriers	Female Vet 50-54	08:58.4	269
289	0:35:55	ORCHARD, John	Truro Running Club	Male Vet 55-59	08:58.6	65
290	0:35:55	MASTERS, Karen	Newquay Road Runners	Female Vet 45-49	08:58.6	311
291	0:36:06	LAWES, Helen	Looe Pioneers	Female Vet 45-49	09:01.4	246
292	0:36:08	MATTHEWS, Susan	Mounts Bay Harriers	Female Vet 55-59	09:01.9	330
293	0:36:10	CHIVEL , Sue		Female Vet 45-49	09:02.4	9
294	0:36:14	CLARK, Emma	Looe Pioneers	Female under 35	09:03.4	266
295	0:36:14	HACKMAN, Tom	Newquay Road Runners	Male Vet 65-69	09:03.4	308
296	0:36:15	MCFADDEN, Tracy	Bodmin Womens RC	Female Vet 50-54	09:03.6	333
297	0:36:15	RICHARDS, Lisa	Carn Runners	Female Vet 35-39	09:03.6	226
298	0:36:18	PAYNE, Holly	St Austell Running Club	Female under 35	09:04.4	118
299	0:36:20	STEPHENS, Jane	Bodmin Road Runners	Female Vet 50-54	09:04.9	250
300	0:36:21	WIDDERSHOVEN, Demelza	Carn Runners	Female Vet 35-39	09:05.1	210
301	0:36:24	DAVIES, Sarah	Newquay Road Runners	Female Vet 40-44	09:05.9	263
302	0:36:27	MAYWOOD, Kirstie	Looe Pioneers	Female Vet 50-54	09:06.6	26
303	0:36:31	MATRAVES, Julie	Carn Runners	Female Vet 45-49	09:07.6	230
304	0:36:33	SAVIN, Nick	Newquay Road Runners	Male under 35	09:08.1	186
305	0:36:36	WILDING, Sarah	Hayle Runners	Female Vet 40-44	09:08.9	440
306	0:36:46	OAKES, Chris	Mounts Bay Harriers	Male Vet 40-44	09:11.4	69
307	0:36:48	EVANS, Mollie	Carn Runners	Female Vet 40-44	09:11.9	208
308	0:36:50	IACONIANNI, Gennara	St Austell Running Club	Female under 35	09:12.4	109
309	0:36:54	ROSKILLY, Michelle	Hayle Runners	Female Vet 45-49	09:13.4	432
310	0:37:04	MORGADO, Chloe	Cornwall AC	Female Vet 40-44	09:15.9	344
311	0:37:12	MACK, Mike	Carn Runners	Male Vet 65-69	09:17.9	231
312	0:37:14	CROWE, Sharron	Bodmin Womens RC	Female Vet 40-44	09:18.4	325
313	0:37:15	SAUNTER, Jenny	Bodmin Womens RC	Female Vet 50-54	09:18.6	80
314	0:37:18	TRETHEWEY, Charlie	St Austell Running Club	Female Vet 40-44	09:19.4	117
315	0:37:28	SODERGREN, Nick		Male Vet 45-49	09:21.9	41
316	0:37:28	SHIELDS, Dave		Male Vet 40-44	09:21.9	38
317	0:37:28	HANNAFORD, John		Male Vet 50-54	09:21.9	19
318	0:37:29	BILLINGTON, Melanie	Hayle Runners	Female Vet 45-49	09:22.1	413
319	0:37:32	MAYWOOD, Bryan	Looe Pioneers	Male Vet 50-54	09:22.9	25
320	0:37:34	LEO, Cas	Hayle Runners	Male Vet 55-59	09:23.4	448
321	0:37:36	LONG, Fran	Hayle Runners	Female Vet 55-59	09:23.9	419
322	0:37:43	VOSPER, Francis	Bodmin Road Runners	Male Vet 60-64	09:25.6	47
323	0:37:50	PASCOE, Peter	Carn Runners	Male Vet 50-54	09:27.4	222
324	0:37:50	PENTREATH, Nick	Falmouth Road Runners	Male Vet 50-54	09:27.4	154
325	0:37:51	ROOSE, Alison	Newquay Road Runners	Female Vet 40-44	09:27.6	450
326	0:38:02	WILTON, David	Falmouth Road Runners	Male Vet 60-64	09:30.4	165
327	0:38:05	CARLISLE, Cecilia	Cornwall AC	Female under 35	09:31.1	361
328	0:38:13	HARRIS, Morwenna		Female under 35	09:33.1	20
329	0:38:17	SMITH, Sharon	Carn Runners	Female Vet 40-44	09:34.1	523
330	0:38:21	ALEXANDER, Samantha	Cornwall AC	Female Vet 50-54	09:35.1	341
331	0:38:22	SMITH, Carl		Male Vet 40-44	09:35.4	524
332	0:38:22	GIBSON, Faye	Carn Runners	Female Vet 40-44	09:35.4	215
333	0:38:25	HARVEY, Lynn	Newquay Road Runners	Female Vet 65-69	09:36.1	309
334	0:38:30	GREEN, Marie	Falmouth Road Runners	Female Vet 40-44	09:37.4	145
335	0:38:30	CUFF, Linda	Looe Pioneers	Female Vet 50-54	09:37.4	132
336	0:38:37	COURTNEY, Stacey	Newquay Road Runners	Female under 35	09:39.1	197
337	0:38:37	BIGGS, Matthew	Newquay Road Runners	Male Vet 50-54	09:39.1	196
338	0:38:45	BUDGE, Andrew	St Austell Running Club	Male Vet 50-54	09:41.1	101
339	0:38:46	MARSHALL, Debbie	St Austell Running Club	Female Vet 40-44	09:41.4	112
340	0:38:46	HAGHANI, Laura	Hayle Runners	Female Vet 35-39	09:41.4	428
341	0:38:53	JENKIN, Richard	Cornwall AC	Male Vet 70-74	09:43.1	364
342	0:38:53	JENKIN, Jacqueline	Cornwall AC	Female Vet 70-74	09:43.1	342
343	0:38:53	KITCHEN, Amelia	Hayle Runners	Female Vet 40-44	09:43.1	404
344	0:38:57	BOOTH, Sally		Female Vet 50-54	09:44.1	476
345	0:38:58	BRUMBY, Tandy	Falmouth Road Runners	Female Vet 55-59	09:44.4	139
346	0:38:59	BOTTERILL, Darren	St Austell Running Club	Male Vet 45-49	09:44.6	258
347	0:38:59	BERRY, Tony	Truro Running Club	Male Vet 80+	09:44.6	279
348	0:39:01	MORGAN, Iain	Newquay Road Runners	Male Vet 55-59	09:45.1	313
349	0:39:03	FOSTER, Graham	Looe Pioneers	Male Vet 50-54	09:45.6	497
350	0:39:04	DUDLEY, Michelle	St Austell Running Club	Female Vet 45-49	09:45.9	105
351	0:39:05	JONES, Susan	Looe Pioneers	Female Vet 45-49	09:46.1	499
352	0:39:06	MARTIN, Jacqui	St Austell Running Club	Female Vet 45-49	09:46.4	113
353	0:39:08	ROBERTSON, Rachel		Female under 35	09:46.9	249
354	0:39:09	BAWDEN, Mike	Cornwall AC	Male Vet 55-59	09:47.1	373
355	0:39:10	MARSH, Kathryn	Carn Runners	Female Vet 40-44	09:47.4	236
356	0:39:11	LEEDS, Brendon	Looe Pioneers	Male Vet 40-44	09:47.6	462

357	0:39:14	LUKE, Neil		Male Vet 40-44	09:48.4	492
358	0:39:19	MIDDLEDITCH, Emily	Falmouth Road Runners	Female Vet 45-49	09:49.6	150
359	0:39:20	FRITH, Ray	Newquay Road Runners	Male Vet 65-69	09:49.9	488
360	0:39:22	KINGTON, Norris	Cornwall AC	Male Vet 75-79	09:50.4	388
361	0:39:30	BOLT, Adrian	Truro Running Club	Male Vet 50-54	09:52.4	61
362	0:39:32	BREAKSPEAR, Hannah	Cornwall AC	Female under 35	09:52.9	343
363	0:39:37	MARKS, Victoria	Hayle Runners	Female Vet 40-44	09:54.1	447
364	0:39:39	MARTIN, Lorna	Cornwall AC	Female Vet 35-39	09:54.6	359
365	0:39:41	VOSPER, Nicola	Bodmin Road Runners	Female Vet 55-59	09:55.1	48
366	0:39:42	CLEMENTS, John		Male Vet 50-54	09:55.4	55
367	0:39:44	HOCKING, Deborah	Carn Runners	Female Vet 45-49	09:55.9	228
368	0:39:46	RICHARDS, Clair	Carn Runners	Female Vet 40-44	09:56.4	239
369	0:39:50	GOWER, Emma	Bodmin Womens RC	Female under 35	09:57.4	131
370	0:39:52	MCLEAN, Andrew	St Austell Running Club	Male Vet 50-54	09:57.9	114
371	0:39:52	CASSIDY, Lisa	Bodmin Womens RC	Female Vet 35-39	09:57.9	332
372	0:39:52	CUNDY-COOPER, Emma	Bodmin Womens RC	Female under 35	09:57.9	320
373	0:39:54	BOARDMAN, Diane	Truro Running Club	Female Vet 35-39	09:58.4	481
374	0:39:55	SQUIRE, Mark	Mounts Bay Harriers	Male Vet 60-64	09:58.6	275
375	0:40:02	BENDE (ROSSALL), Cassi	Truro Running Club	Female under 35	10:00.4	471
376	0:40:09	HARPER, Penelope	Mounts Bay Harriers	Female Vet 40-44	10:02.1	68
377	0:40:12	HOLT, Ashley		Female under 35	10:02.9	54
378	0:40:21	RUTKOWSKA, Ola	Falmouth Road Runners	Female under 35	10:05.1	159
379	0:40:26	KEMP, Mandy	Looe Pioneers	Female Vet 55-59	10:06.4	92
380	0:40:28	POWELL, Tom	Falmouth Road Runners	Male under 35	10:06.9	521
381	0:40:30	THOMAS, Jane	St Austell Running Club	Female Vet 55-59	10:07.4	123
382	0:40:33	MARTIN, Hayley	Carn Runners	Female Vet 35-39	10:08.1	216
383	0:40:34	WALTERS, Karen	Newquay Road Runners	Female Vet 45-49	10:08.4	314
384	0:40:34	VERCESI, Gemma	Mounts Bay Harriers	Female Vet 35-39	10:08.4	254
385	0:40:35	BILLS, Kelly	Carn Runners	Female Vet 40-44	10:08.6	219
386	0:40:43	WILLIAMS, Richard	Mile High	Male Vet 40-44	10:10.6	477
387	0:40:45	MATTHEWS, Clare		Female under 35	10:11.1	24
388	0:40:47	WALLIS, Michelle	Mounts Bay Harriers	Female Vet 35-39	10:11.6	82
389	0:40:49	WATKINS, Yvonne	Mounts Bay Harriers	Female Vet 55-59	10:12.1	458
390	0:40:51	WILLIAMS, Helen	Mounts Bay Harriers	Female Vet 55-59	10:12.6	52
391	0:40:56	WADE, Margaret	Carn Runners	Female Vet 65-69	10:13.9	49
392	0:41:02	LODER, Kat	Mounts Bay Harriers	Female Vet 35-39	10:15.4	252
393	0:41:09	TAMBLYN, Sharon	Bodmin Womens RC	Female Vet 55-59	10:17.1	43
394	0:41:12	LEWINGTON, Leah	Mounts Bay Harriers	Female Vet 40-44	10:17.9	168
395	0:41:16	NEWTON, Roy	Falmouth Road Runners	Male Vet 70-74	10:18.9	153
396	0:41:19	COX, Alison	Bodmin Womens RC	Female Vet 50-54	10:19.6	12
397	0:41:23	JAY, Nadia	St Austell Running Club	Female Vet 40-44	10:20.6	110
398	0:41:25	DORMER, Kathran	Falmouth Road Runners	Female Vet 65-69	10:21.1	142
399	0:41:32	MANKEE, Emma	Carn Runners	Female Vet 45-49	10:22.9	233
400	0:41:37	ANDREWS, George	Mounts Bay Harriers	Male Vet 65-69	10:24.1	3
401	0:41:59	SQUIRE, Helen	Mounts Bay Harriers	Female Vet 55-59	10:29.6	274
402	0:42:03	ROWLANDS, Kate	Falmouth Road Runners	Female under 35	10:30.6	158
403	0:42:12	WASHER, Sarah	Bodmin Womens RC	Female Vet 35-39	10:32.9	396
404	0:42:23	TREGEAR, Sarah	Mounts Bay Harriers	Female under 35	10:35.6	172
405	0:42:25	PARSONS, Alison	Bodmin Womens RC	Female Vet 45-49	10:36.1	318
406	0:42:25	PARSONS, Janet	Bodmin Womens RC	Female Vet 50-54	10:36.1	319
407	0:42:30	TALBOT, Bev	St Austell Running Club	Female Vet 50-54	10:37.4	122
408	0:42:33	CARDELL, Timothea	Hayle Runners	Female Vet 75+	10:38.1	178
409	0:42:35	WALTERS, Adam	Newquay Road Runners	Male Vet 35-39	10:38.6	296
410	0:42:46	BRIGGS, Beth	Bodmin Womens RC	Female under 35	10:41.4	241
411	0:42:46	BISCOMBE, Susan	Bodmin Womens RC	Female under 35	10:41.4	242
412	0:42:50	SOWERBY, Nicky	Truro Running Club	Female Vet 50-54	10:42.4	468
413	0:42:53	HOUGHTON, Melanie		Female Vet 35-39	10:43.1	67
414	0:42:57	JOLLIFF, Christy	Bodmin Road Runners	Female Vet 35-39	10:44.1	470
415	0:43:03	FOSTER, Tracey		Female Vet 40-44	10:45.6	469
416	0:43:06	OSBORN, Kathryn	Hayle Runners	Female Vet 55-59	10:46.4	271
417	0:43:06	EDMOND, Karen		Female Vet 45-49	10:46.4	334
418	0:43:10	DALTON, Martin	Falmouth Road Runners	Male Vet 65-69	10:47.4	141
419	0:43:11	WHITRIDGE, Tilly	Cornwall AC	Female Vet 45-49	10:47.6	349
420	0:43:14	OSBORNE, Louise	Falmouth Road Runners	Female Vet 35-39	10:48.4	33
421	0:43:17	SODERGREN, Jo		Female Vet 45-49	10:49.1	40
422	0:43:17	RAIKER, Diana	Falmouth Road Runners	Female under 35	10:49.1	156
423	0:43:20	EVANS, Helen	Mounts Bay Harriers	Female Vet 50-54	10:49.9	72
424	0:43:21	ANDREWS, Greta	Mounts Bay Harriers	Female Vet 40-44	10:50.1	2
425	0:43:28	JOHNS, Sarah	Mounts Bay Harriers	Female Vet 35-39	10:51.9	129
426	0:43:39	ROBERTS, Samantha	Bodmin Womens RC	Female Vet 40-44	10:54.6	323
427	0:43:41	MARTIN, Julie	Bodmin Womens RC	Female Vet 40-44	10:55.1	183
428	0:43:49	RICHARDS, Chantelle		Female Vet 40-44	10:57.1	264

429	0:43:49	BATEMAN, Collette	Mounts Bay Harriers	Female Vet 35-39	10:57.1	251
430	0:43:52	BOWDEN, Sally	Newquay Road Runners	Female Vet 50-54	10:57.9	201
431	0:44:06	TAPHOUSE, Lesley	Bodmin Road Runners	Female Vet 55-59	11:01.4	466
432	0:44:11	TREWEEK, Paul	Truro Running Club	Male Vet 55-59	11:02.6	290
433	0:44:17	BARNES, Gavin		Male Vet 50-54	11:04.1	4
434	0:44:23	ALLSOPP, Sally		Female Vet 35-39	11:05.6	529
435	0:44:26	SLATER, Kirstie	Truro Running Club	Female Vet 40-44	11:06.4	293
436	0:44:27	CANN, Marie	Mounts Bay Harriers	Female Vet 45-49	11:06.6	62
437	0:44:31	VINE, Sheri	Truro Running Club	Female under 35	11:07.6	291
438	0:44:34	MATES, Lauren	Hayle Runners	Female under 35	11:08.4	430
439	0:44:36	ADAMS, Hannah	St Austell Running Club	Female Vet 35-39	11:08.9	97
440	0:44:44	SANDFORD, Jocelyn	Bodmin Womens RC	Female Vet 40-44	11:10.9	328
441	0:44:50	SHAPLAND, Ron	Newquay Road Runners	Male Vet 70-74	11:12.4	192
442	0:44:53	OSBORNE, Simon		Male Vet 40-44	11:13.1	34
443	0:44:55	LAKE, Christina	Falmouth Road Runners	Female Vet 55-59	11:13.6	148
444	0:44:55	WILLIAMS, Laura	Hayle Runners	Female under 35	11:13.6	429
445	0:44:56	LOOSLEY, Alison	St Austell Running Club	Female Vet 50-54	11:13.9	111
446	0:45:02	SAVAGE, Suzie	Hayle Runners	Female under 35	11:15.4	444
447	0:45:07	BOXALL, Melanie	Falmouth Road Runners	Female Vet 50-54	11:16.6	137
448	0:45:10	ALLEN, Lynn	Bodmin Womens RC	Female Vet 40-44	11:17.3	278
449	0:45:11	WILLIAMS, Julie		Female Vet 50-54	11:17.6	176
450	0:45:11	WILLIAMS, Robert		Male Vet 55-59	11:17.6	175
451	0:45:13	LATHAM, Donna	Bodmin Womens RC	Female Vet 40-44	11:18.1	94
452	0:45:16	STENT, Claire	Newquay Road Runners	Female Vet 40-44	11:18.8	454
453	0:45:28	CARSWELL, Sarah	Carn Runners	Female Vet 40-44	11:21.8	237
454	0:45:29	VINNICOMBE, Caroline	Carn Runners	Female Vet 40-44	11:22.1	221
455	0:45:47	LAY, Jo	Hayle Runners	Female Vet 50-54	11:26.6	424
456	0:45:50	LAWRENCE, Steven	Falmouth Road Runners	Male Vet 60-64	11:27.3	149
457	0:45:59	ROBERTS, Nigel	Falmouth Road Runners	Male Vet 35-39	11:29.6	157
458	0:46:08	GARRARD, David	Falmouth Road Runners	Male Vet 70-74	11:31.8	144
459	0:46:23	MCNEILL, Ross		Male Vet 35-39	11:35.6	510
460	0:46:23	WILDMAN, Charlene		Female under 35	11:35.6	511
461	0:46:46	SYCAMORE, Grace	Hayle Runners	Female under 35	11:41.3	420
462	0:46:50	GRAY, Kelly	Hayle Runners	Female under 35	11:42.3	427
463	0:46:56	JENKIN, Peter	Falmouth Road Runners	Male Vet 60-64	11:43.8	522
464	0:46:58	REDGERS, Clare	Carn Runners	Female Vet 40-44	11:44.3	234
465	0:46:58	REDGERS, Kevin	Carn Runners	Male Vet 50-54	11:44.3	235
466	0:46:59	COSWAY, Sarah	Bodmin Womens RC	Female Vet 50-54	11:44.6	331
467	0:47:09	TODD, Christine	St Austell Running Club	Female Vet 55-59	11:47.1	124
468	0:47:15	CAFF, Jane	Newquay Road Runners	Female Vet 55-59	11:48.6	307
469	0:47:29	WALTERS, Danielle		Female under 35	11:52.1	315
470	0:47:34	COOPER, Guy	Looe Pioneers	Male Vet 45-49	11:53.3	498
471	0:47:36	KAYE, Emma	Newquay Road Runners	Female under 35	11:53.8	205
472	0:47:36	COOK, Harriet		Female under 20	11:53.8	495
473	0:47:36	COOK, Damian	Mounts Bay Harriers	Male Vet 45-49	11:53.8	87
474	0:47:44	EASTERBROOK, Liz	Mounts Bay Harriers	Female Vet 65-69	11:55.8	399
475	0:47:49	WYATT, Liz	St Austell Running Club	Female Vet 45-49	11:57.1	127
476	0:48:15	ANDREWS, Emma	Bodmin Womens RC	Female under 35	12:03.6	245
477	0:48:15	DUDMAN, Kate	Bodmin Womens RC	Female Vet 40-44	12:03.6	181
478	0:48:28	PENTREATH, Jackie	Falmouth Road Runners	Female Vet 55-59	12:06.8	155
479	0:48:28	WILTON, Dave		Male Vet 45-49	12:06.8	53
480	0:48:33	TRERISE, Catherine	Cornwall AC	Female Vet 45-49	12:08.1	350
481	0:48:41	THOMAS, Kathryn	Cornwall AC	Female Vet 40-44	12:10.1	347
482	0:48:43	BLIGHT, Mandy	St Austell Running Club	Female Vet 60-64	12:10.6	99
483	0:48:43	CAREY, Leigh-Anne		Female under 35	12:10.6	525
484	0:48:53	WEBBER, Sharon	St Austell Running Club	Female Vet 45-49	12:13.1	125
485	0:49:04	BOWDEN, Jenny	Newquay Road Runners	Female Vet 50-54	12:15.8	199
486	0:49:05	FRANCIS, Donna	Newquay Road Runners	Female Vet 65-69	12:16.1	187
487	0:49:26	BRADSHAW, Kirah		Female under 20	12:21.3	180
488	0:49:27	DYMOND, Amanda	Bodmin Womens RC	Female Vet 40-44	12:21.6	179
489	0:50:19	DONNITHORNE, Nicola		Female Vet 45-49	12:34.6	436
490	0:50:38	GOODMAN, Emma	Falmouth Road Runners	Female Vet 45-49	12:39.3	317
491	0:50:52	FORD, Rosie	Bodmin Womens RC	Female under 35	12:42.8	326
492	0:51:01	EWART, Sam	St Austell Running Club	Female Vet 40-44	12:45.1	106
493	0:51:06	NANCARROW, Karen	Hayle Runners	Female Vet 45-49	12:46.3	77
494	0:51:15	SLATEFORD, Nicola	St Austell Running Club	Female Vet 50-54	12:48.6	120
495	0:51:33	MCNEVIN, Iva	Mounts Bay Harriers	Female Vet 60-64	12:53.1	128
496	0:51:43	MONTGOMERY, Pauline Claire	Bodmin Womens RC	Female Vet 35-39	12:55.6	265
497	0:52:10	HOWARD, Sarah	Bodmin Womens RC	Female Vet 45-49	13:02.3	401
498	0:52:10	HOWARD, Abigail		Female under 35	13:02.3	531
499	0:52:58	GLOVER, Rachel	Mounts Bay Harriers	Female Vet 60-64	13:14.3	17
500	0:54:18	STANDEN, Sharon	Bodmin Womens RC	Female Vet 45-49	13:34.3	327

501	0:54:23	CLEEVE, Sam	St Austell Running Club	Male Vet 50-54	13:35.6	103
502	0:54:30	WOODWARD, Christine	Bodmin Womens RC	Female Vet 60-64	13:37.3	324
503	0:55:38	VOSPER, Lisa	Bodmin Womens RC	Female Vet 40-44	13:54.3	322
504	0:57:52	MORRISSEY, Angela	Bodmin Womens RC	Female Vet 50-54	14:27.8	96
505	0:57:52	ARCHER, Helen	Bodmin Womens RC	Female Vet 50-54	14:27.8	95
506	1:02:07	COATES, Sue	Mounts Bay Harriers	Female Vet 40-44	15:31.6	170